

BEAR TRAINING - RIDE #6

BTR06

Dir@Miles	49 Miles / 3100' Climb	Dist
R	0.0 IRVINE CENTER DR	1.0
R	1.0 HARVARD	0.8
L	1.8 WALNUT	1.0
R	2.8 TUSTIN RANCH	2.0
L	4.8 LA COLINA	0.8
R	5.6 RED HILL	0.3

>> Sustained Climbs Follow <<

R	5.9 SKYLINE	0.2
L	6.1 SKYLINE @ Loma Roja	0.4
R	6.5 BEVERLY GLEN >>>	0.0
L	6.5 SKYLINE (Immediate)	0.3
L	6.8 SKYLINE @ Plantero	0.4
Continue past LA RAMA; take NEXT RIGHT		
R	7.2 FOOTHILL / SKYLINE	0.2
Cont. past LA VEREDA; take NEXT LEFT		
L	7.4 SKYLINE	1.1
Stay RIGHT; Cont. past MURRAY LANE		
L	8.5 COWAN HEIGHTS	0.2
R	8.7 NEWPORT >Climb<	2.2
L	10.9 SANTIAGO CYN / VILLA PARK	4.0
R	14.9 WANDA / SANTIAGO	1.9
R	16.8 NOHL RANCH RD.	5.1

>> SINGLE FILE -- Climb; Rolly; Major Up <<

L	21.9 SERRANO	2.8
L	24.7 CANYON CREEK (just B4 WEIR, then Right)	0.2

LATTE DA BAGELERY

Serrano & Weir Cyn - Anaheim Hills

L	24.9 CANYON CREEK	0.1
L	25.0 SERRANO	0.1
L	25.1 WEIR CYN.	0.5
L	25.6 SANTA ANA CYN. RD.	2.5
L	28.1 ANAHEIM HILLS RD.	0.7
R	28.8 NOHL RANCH RD.	2.0

>> SINGLE FILE <<

L	30.8 MEATS >Up; Steep Down<	1.0
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CAUTION: Watch Speed - Next LEFT Quick

L	31.8 SUMMIT RIDGE >Climb<	0.4
L	32.2 CERRO VILLA RD.	0.9
R	33.1 VALLEY	0.8
L	33.9 veer Left on to LEMON	1.0
L	34.9 VILLA PARK / SANTIAGO	3.7
R	38.6 JAMBOREE	5.1
L	43.7 IRVINE BLVD.	1.9
R	45.6 YALE	2.6
R	48.2 IRVINE CENTER DR	0.4
R	48.6 DEERWOOD	0.1